

RICE CRUSTED PESTO CHICKEN SCHNITZEL



Prep time: 25 mins Cooking time: 10 mins Serves: 6

A wonderful gluten-free crust not only for the gluten intolerant but a delicious different taste and texture to normal breadcrumbs.

MAIN INGREDIENTS

- ½ cup (110g) white medium grain rice
- ½ cup (110g) brown rice
- Salt and black pepper to taste
- 4 skinless chicken breast fillets
- 4 tablespoons prepared basil or sundried tomato pesto
- ½ cup (70g) maize cornflour
- 2 eggs, lightly beaten with 1 tablespoon milk
- 500 mls light olive oil or vegetable oil for shallow frying
- Lemon wedges to serve



Attach **flake mill** to the **stand mixer**. Place the **mixing bowl** under the mill. Turn mixer to **Speed 10**, and on the **right hand screw** dial the mill anti-clockwise to adjust the thickness of the flaking to medium. Add the rice to the hopper.

Season the rice with salt and pepper and mix well.

Lightly pound out each fillet in the centre to even out the thickness with a rolling pin (don't make the fillets thin, simply even out the thickness). Spread each fillet lightly with the pesto on both sides then coat in the cornflour followed by the egg mixture and finally coat evenly in the flaked rice.

Pour the oil into a heavy based frying pan and heat over a medium high heat.

Cook the crusted schnitzel for about 5 minutes or until golden on both sides, turning once during the cooking. Drain well and serve with lemon wedges.

KITCHEN NOTES

- Cook over a medium heat only. The rice crust takes a little longer to brown than a traditional breadcrumb crust.